Hypertension in immigrant diabetic patients

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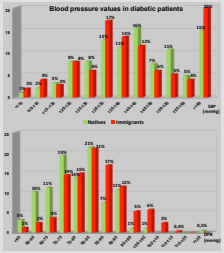
Objectives: To determine the prevalence of hypertension in immigrant and native diabetic patients and to evaluate the presence of differences in blood pressure values, control of the traditional cardiovascular risk factors and antihypertensive treatment prescribed.

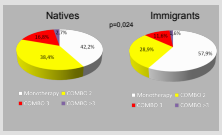
Design and Methods: Multicenter, observational, cross-sectional, comparative cohorts study of diabetic patients, immigrant (n=605) and native (n=307), attended in primary care in Spain. Recruitment of successive cases for order of consultation was made. Epidemiologic, clinical and laboratory variables were studied.

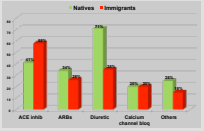
Results:

Variable	Natives n=191	Immigrants n=242	P
Age	66,9 ± 10,1	52,5 ± 10,1	<0,001
DM disease progression *(years)*	11,2 ± 8,3	7,4 ± 7,6	<0,001
Prevalence HTA *(%)*	63,2	40,2	<0,001
SBP *(mmHg)*	142,0 ± 18,8	140,8 ± 18,7	0,52
DBP *(mmHg)*	76,2 ± 10,6	82,6 ± 10,7	<0,001
Glycaemia *(mg/dl)*	149,1 ± 47,1	162,7 ± 66,6	0,018
HbA1c *(%)*	7,12 ± 1,44	7,87 ± 2,11	<0,001
Total Colesterol *(mg/dl)*	190,4 ± 38,6	199,2 ± 45,4	0,03
HDL-colesterol *(mg/dl)*	50,4 ± 16,2	47,3 ± 13,7	0,03
LDL-colesterol *(mg/dl)*	107,2 ± 36,2	119,7 ± 38,9	0,001



Treatment





Conclusions: Immigrant diabetic patients showed lower prevalence of hypertension with higher values of diastolic blood pressure. In this group, dyslipidemia and diabetes also had poor control and multidrug treatment of hypertension was less frequent.

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